

### 2019

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#### **ENTREES AT A GLANCE**

\*\*\*Milk served with all meals \*\*\*

12/2-Chili Burger on a Bun

12/3-Chicken Vegetable Stew

12/4-Sausage, Peppers & Onion

Hoagie

12/5-Lemon Chicken Breast

12/6-Stuffed Chicken Breast

12/9-Teriyaki Meatballs

12/10-Chef Salad

12/11-Fish Nuggets

12/12-Salisbury Steak

12/13-Herbed Chicken Breast

12/16-Stuffed Cabbage

12/17-Pasta Bolognese

12/18-Ham & Cheese Omelet

12/19-Ham & Cheese Sandwich

12/20-Corned Beef

12/23-BBQ Chicken

12/24 & 12/25-Closed for Christmas

12/26-Swedish Meatballs

12/27-Stuffed Shells

12/30-Sweet & Sour Chicken

12/31-Chili Con Carne

SALAD BAR-Thurs & Fri



# Pike County Area Agency on Aging



INFORMED SENIOR SEMINAR
Wed, Dec 4th 9:30am - 11:30am
Top of the World Restaurant in Saw
Creek Estates,148 Cambridge Ct
Bushkill. PA 18324

Please join our State Representative Rosemary Brown and Pike County Area Agency on Aging for a Senior Day.

There will be people to educate you on different topics such as Medicare, senior scams and much, much more.

#### **Door Prizes**

#### OPEN TO ALL RESIDENTS OF MONROE & PIKE COUNTIES

Once at the gate, mention that you are there for the seminar and you will be granted access



# FUNDRAISER Mohegan Sun Casino Trip Friday, December 13th

You must bring your ID or the casino will not give you play money or food voucher.

The bus will be leaving at 9:30 am sharp from the Blooming Grove Senior Center. We will not be able to wait for anyone. If you

miss the bus you lose your money. Money refunded only if we can fill your seat. We will be arriving back at Blooming Grove between 5:00 & 5:30 pm. To guarantee a seat on the bus, payment in full is due as soon as possible.

\$30.00 per person for this you will receive transportation, \$25.00 casino play money and \$5.00 food voucher.

For reservations, please pay and sign up with Lana at Blooming Grove Senior Center.

Checks are payable to Pike County AAA

570-775-5550 x 1317

#### **Christmas Party**

Lackawaxen Senior Center Lackawaxen Fire Dept Beisel Beck Rd & Rt 590 Lackawaxen, PA 18435

Friday, December 6th 10:00 am—2:00 pm

Reservations Required: Please call 570-775-5550



#### Entertainment

Santa

Good Food

Friends

Fun

#### **MENU**

Seafood Bisque

Stuffed Chicken Breast Roasted Red Potatoes Green Bean Almondine Dinner Roll Chocolate Mousse Pie

Suggested Donation: \$3.00



Happy Holidays

Sleigh bells ring,,,,,,are you listening? Let it snow let it snow let it snow. We are so excited about the season and the festivities going on. Who has been naughty and who has been nice. Well I know a couple teenagers who are on the edge. Seriously we here at Pike County AAA wish for



everyone to have a safe and warm and healthy holiday. One filled with peace, love, and happiness.

This year we have some elves that are visiting the local long term care

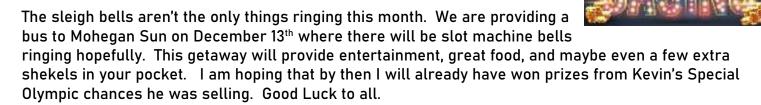
facilities to provide caroling and frivolity. Most nursing home residents get little to no visitations from their families or friends.\*

So our elves are boarding the caroling "bus" and heading to Shohola and Milford on December 12th and the 19th. Kudos to the ladies who have formed this group and we wish them a magical time.

\*Pennsylvania Long Term Ombudsman "Advocate for those who can't, support those who can, and ensure all long-term care consumers live with dignity and respect."

For more information, contact @ Office of the State Long-Term Care Ombudsman Pennsylvania Department of Aging 555 Walnut Street, 5th floor Harrisburg, PA 17101-1919 717-783-8975

Locally contact Serving Seniors, Pike, Wayne, and Monroe Counties Ombudsman Provider at 570-344-7190



A big thank you to all of the folks that contributed items for our Caregiver "kits". We are sending them out in the next couple weeks and hope they help with the day to day enormous responsibilities of

being a caregiver. Above the Rest, At Home Quality Care, Karen Ann Quinlan, Residential Healthcare & Pike AAA Care Management Team

Thank you to all of our veterans who made it out to our Red, White, and Blue Thanksgiving in November. It was a great success, and food was delicious.

Our Legal services for older adults has been under used in the last year and we would like consumers to know that the AAA contracts with North Penn Legal Services to provide no-cost access to Will, POA's and other simple legal documents. Call our intake staff or your care manager/service coordinator to get a referral made on your behalf.\*\* Some requests for other types of legal representation may be denied, due to case load size and demands of the attorneys.

\*\*Consumer is responsible for getting to the North Penn Legal Services Office in Stroudsburg

As hunting season is in full swing, remember to wear orange in the woods, and use safety precautions when transporting a firearm. Also this time of year the deer can be erratic when running near the road so use extra precautions while driving as well.







#### **Attention ALL Veterans**

#### DON'T BE A VICTIM:

Be aware of pension poaching scams The U.S. Department of Veterans Affairs (VA) pension exists to help financially disadvantaged wartime Veterans and their survivors.



Individuals and organizations are available to help you file a VA pension claim **FREE OF CHARGE**. A searchable list of VA-accredited representatives including Veterans Service Organizations, agents and attorneys is available at the VA Office of General Counsel website:

www.va.gov/ogc/apps/accreditation/index.asp
To get more information about VA pension,
visit www.benefits.va.gov/pension or call 1-800-827-1000

#### Info from the **APPRISE** Program

Mark your calendars with these important dates for those on Medicare:

**January1**, **2020**: New coverage begins if you made changes to Part D Prescription Drug Plan OR Medicare Advantage Plan.

If you kept existing coverage, any changes in your plan's cost or benefits will begin now. **January 1-March 31, 2020**: If you are in a Medicare Advantage Plan you can change to a different Medicare Advantage Plan or switch back to Original Medicare (and join a stand-alone Medicare Prescription Drug Plan)

Call Chris 570 775 – 5550 x 1313 with questions



If you need help paying your heating bills, or have a heating emergency **LIHEAP** can help.

**INCOME GUIDELINES 2019-2020** 

1 person.... \$18,735 2 people ....\$25,365 3 people.... \$31,995

Add \$6,630 for each additional family member

LIHEAP is a cash grant. You do **NOT** have to repay it.

Apply online at **www.compass.state.pa.**us or call the LIHEAP hotline at **1-866-857-7095** or PA

Relay at 711 for the hearing impaired.

You will need:

Names, date of birth, social security number and proof of income for all household members as well as a recent heating bill.

Apply between Nov 1st 2019 and Apr 10th 2020.

Applications are available at your local County Assistance Office and all of our centers. Please call 570-775-5550 to schedule an appointment to have someone at our Blooming Grove office assist you with your application.



for Arthritis

Thursday, January 9th at 11:00 am in Blooming Grove

Wednesday, January 15th at 10:30 am in Matamoras

#### **Holiday Gift Exchange**

Tuesday, Dec 17th Blooming Grove Tuesday, Dec 17th Dingmans Wednesday, Dec 18th Saw Creek Thursday, Dec 19th Lackawaxen Friday, Dec 20th Matamoras



If you would like to participate, please bring a wrapped gift, with a value of no more than \$10.00 You must have a gift in order to get a gift.



2019

Menu

Salad Bar Days



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Waldorf Salad Chili Burger on A Bun Pasta & Vegetable Toss Peach Crisp	3 Beets & Onions Chicken Vegetable Stew on Biscuit Mashed Potatoes Mixed Vegetables Fruited Jell-O	4 Tossed Salad Sausage, Peppers & Onion Hoagie Rice Mdley Fresh Fruit	5 Beef Barley Soup Lemon Chicken Breast Rice Pilaf Sautéed Squash Rye Bread Pears	6 Seafood Bisque Stuffed Chicken Breast Roasted Red Potatoes Green Bean Almondine Dinner Roll Chocolate Mousse Pie
9 Tomato & Green Bean Salad Teriyaki Meatballs Stir Fried Vegetables Rice Rye Bread Fresh Fruit	10 Turkey Vegetable Soup Chef Salad Turkey/Ham/ Cheese Potato Salad Dinner Roll Chocolate Pudding	11 Cottage Cheese & Fruit Fish Nuggets Potatoes O'Brian Carrots Dinner Roll Peaches	12 Broccoli & Chick Pea Salad Salisbury Steak Gravy Mashed Potatoes Beets Dinner Roll Cookies	13 Tossed Salad Herbed Chicken Breast Orzo & Vegetables Wheat Bread Pineapples
16 Tomato Orzo Soup Stuffed Cabbage Red Potatoes Green beans Rye Bread Vanilla Pudding	17 Three Bean Salad Pasta Bolognese (meaty tomato sauce) Broccoli/ Cauliflower Medley Italian Bread Fresh Fruit	18 V-8 Juice Ham & Cheese Omelet Salsa Home Fries Blueberry Muffin	19 Cole Slaw Ham & Cheese Sandwich L/T/O Pasta Salad Mandarin Oranges	20 Cabbage Soup Corned Beef Boiled Potatoes Carrots Rye Bread Pistachio Pudding
23 Corn & Black Bean Salsa BBQ Chicken Orzo & Vegetables Rye Bread Chocolate Pudding	Happy 🕸 Hanukkah	Merry Thristmas	26 Red Cabbage Slaw Swedish Meatballs Rotini Pacific Medley Wheat Bread Pears	
30 Mandarin Salad Sweet & Sour	31 Orange Juice Chili Con Carne	on our w	Agency on Aging has vebsite for your conve	enience.

Chicken Rice Stir Fried Vegetables **Dinner Roll** Fresh Fruit

Rice **Mexicali Corn Corn Muffin** 

Any donation made goes to helping our Senior population, whether it be for Senior Center Activities or our Home Delivered Meal Program.

Please take advantage of this easy way to donate to our agency, at <u>www.pikeaaa.org</u>. Thank you for all your continued support!





December	2019 Blooming Gr	ove Activities	8 am-4 pm 570-77	75-5550
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Medical Transport	3 Arts & Crafts Wii Bowling  Computer Class	<b>4</b> Cards Dominoes, Rummikube	<b>5</b> Bingo Wii Bowling	<b>6</b> Cards Arts & Crafts
<b>9</b> Medical Transport	<b>10</b> Arts & Crafts Wii Bowling	<b>11</b> Cards Dominoes, Rummikube	<b>12</b> Bingo Wii Bowling	13 Cards Arts & Crafts
Monday's Angels Alzheimer's Support @ 1:30	Bigger Shopping Dingmans/Shohola Computer Class	Bigger Shopping Mil/Mat	Blood Pressure  Bigger Shopping  Promised Land	Mohegan Sur Casino Trip
16 Medical Transport	17 Arts & Crafts Tai Chi 10:30 Wii Bowling ~Computer Class~ ~Gift Exchange~ ~VA Rep @ 9:30~ ~Remembrance Day~	<b>18</b> Cards Dominoes, Rummikube	<b>19</b> Wii Bowling  ~VIP (Victims Intervention)~	<b>20</b> Cards Arts & Crafts
23 Medical Transport  Monday's Angels Alzheimer's Support @ 2:30		25	26 Bingo Wii Bowling ~Birthday Celebration~	27 Cards Arts & Crafts
30 Medical Transport	31 Arts & Crafts Tai Chi 10:30 Wii Bowling  Computer Class	Tuesda December	y, —DA	TIONAL Y OF — /ING

#### **UTILITY SCAM ALERT**

FirstEnergy customers are urged to keep the following information in mind to help ensure the safety of their family, property and personal information:

Customers who are behind on their accounts receive written notices of a possible disconnection and how to prevent it. FirstEnergy representatives will not call or email to demand immediate payment to avoid a same-day shutoff.

While FirstEnergy representatives often make courtesy calls to customers to remind them about an outstanding balance, they would explain how a payment can be made using the established payment options. They would never require a customer to purchase a pre-paid money card as the only acceptable means of payment.

FirstEnergy employees do not contact customers to request sensitive information such as social security numbers or bank account information.

Scammers often use Caller ID spoofing software to misrepresent the source of a phone call to further mislead and confuse their targets. Call-back numbers provided by these criminals often use greetings and hold messages that mimic legitimate businesses. Courtesy Rosemary M. Brown's office

#### ecember 2019 Eastern Pike Center @ Matamoras 9am-2pm 570-832-1929 Monday Tuesday Wednesday Thursday Friday 2 Closed 4 Cards, Games 6 Bingo, Cards & Games Medical **CLOSED** Lunch Lunch ~Diabetes Clinic **Transport** 10:30-11:30~ 10 11 Cards, Games 12 13 Bingo, Cards & Games 9 Closed Lunch Lunch CLOSED **CLOSED** Medical **Transport** 17 18 Cards, Games 16 19 20 Bingo, Cards & Games Lunch Closed CLOSED **CLOSED** Exercise, Line Dancing & Meditation Medical with Lana @ Noon ~Blind Assoc. Support~ *Transport* ~Gift Exchange~ ~Victims Intervention (VIP)-23 Closed 25 26 27 Bingo, Cards & Games 24 Medical CLOSED Lunch **Transport** ~Birthday Celebration~ 31 30 Closed Please remember if you receive CLOSED Medical HOME home delivered meals the suggested **Transport** donation is \$3.00 per meal, DELIVERED per person, per day. MEALS Thank you for your generosity!



#### **BUSHKILL CENTER FOR ACTIVE ADULTS**

Sponsored by Pike County Area Agency on Aging Top of the World Restaurant at Saw Creek Estates 148 Cambridge Ct, Bushkill PA 18324 9:30 am to 2:00 pm

9:30am Meet & Greet, Socializing, Tea and Coffee 9:30 to 11:00am Games, Racquet Ball, Exercise Room, Indoor Tennis and many more activities

11:00 to 11:30am Speaker

11:30 to 12 noon Lunch; Light Menu

Price: \$2.50

All registration through Pike County Area Agency on Aging only

Please call 570-775-5550

12/4-Informed Senior Seminar 9:30-11:30

12/4-Blood Pressure Screening

12/11-Water Aerobics with Darcie 12:30-1:30

12/18-Gift Exchange

12/18-VIP (Victims Intervention)

12/18-Exercise with Lana

You do not need to be a resident of Saw Creek Estates to participate



December 2019 Lackawaxen/Shohola Township 9 am-2 pm 570-685-7808				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cards & Games Exercise Lunch	3 CLOSED	4 Cards & Games Exercise Lunch	<b>5</b> Cards, Games &Bingo Lunch @ 11:45 Mahjongg @ 1:00	6 Christmas Party 10:00 AM
<b>9</b> Cards & Games Exercise Lunch	10 CLOSED	11 Cards & Games Exercise Lunch Bob-Chi @ 10:30	<b>12</b> Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00	13 CLOSED
16 Cards & Games Exercise Lunch	17 CLOSED	18 Cards & Games Exercise Lunch Blood Pressure Birthday Celebration	19 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 ~Gift Exchange ~ Blood Pressure	20 CLOSED
23 Cards & Games Exercise Lunch	HAPI HAN	PY Werry Christmas	26 CENTER CLOSED	27 CLOSED
<b>30</b> Cards & Games Exercise Lunch	31 CLOSED	The only two lasting bequests we can give our children; One is roots. The other wings.		

December	2019 Dingmans Center 9am-2pm 570-828-7812				
MONDAY	TUESDAY WE	DNESDAY	THURSD	AY FRIDAY	
<b>2 Closed</b> <i>Medical Transport</i>	3 Cards, Games Lunch ~Yoga w/Lori @ 10:30 ~	4 Closed	5	6 Bingo, Cards & Games Lunch	
<b>9 Closed</b> <i>Medical Transport</i>	10 Cards, Games Lunch ~Yoga w/Lori @ 10:30 ~	11 Closed	12 Closed	13 Bingo, Cards & Games Lunch	
<b>16 Closed</b> <i>Medical Transport</i>	17 Cards, Games Lunch ~Yoga w/Lori @ 10:30 ~  ~Gift Exchange~	18 Closed	19 Closed	20 Bingo, Cards & Games Lunch	
<b>23 Closed</b> <i>Medical Transport</i>	HAPPY HANUKKAH Christr	ry nas	26 Closed	27 Bingo, Cards & Games Lunch	
<b>30 Closed</b> Medical Transport	31 Cards, Games Lunch ~Yoga w/Lori @ 10:30 ~ ~Celebrate Birthdays~	The great calamity is not to have failed but to have failed to try			



Fun Times At The Fall **Festival** At Lackawaxen















## **EVENTS and PROGRAMS**

KNIGHTS OF COLUMBUS
Free dinner at ST. JOHN NEMANN PARISH

HALL on Sunday Dec 1st, Split Pea & Baked Ham Dinner, 705 Route 739, Lords Valley 2:00 PM-4:00 PM.

All are welcome. If you plan to attend please call 775-0681 or 775-9826. Please leave your name, telephone number and number of people attending when making reservations.

The Food Pantry Program at the Church at Hemlock Farms will be open Mondays 4:00 PM to 6:30 PM

Registration is a <u>MUST</u> prior to distribution. Please register by calling 570-775-6787 Mon,12/16/19

St. Ann's Church, 121 Richardson Ave Shohola, PA 570-832-4275 – ALL WELCOME 2<sup>nd</sup> Sunday of every month 2pm -4pm dinner is being served downstairs in Mulligan Hall.

Do you live in the Greentown area & need assistance with your shopping? There are a few supermarkets that will deliver to you.

Lake Region IGA

**570-226-6000** extension 10 (you must order between 7 am & 9:30 am on Tuesdays). They deliver same day, by 1:30 PM. There is a \$9.95 delivery charge.

Now offering online shopping

www.lakeregioniga.com Delivery is \$4.95 picking fee plus \$6.95 delivery fee and in store pickup is \$4.95.



Dutch's Market 570-676-3373

No weekend delivery. 24 hour notice required when ordering week days. \$10 delivery charge.

Dave's Foodtown/Super Duper 570-251-9530 They do not deliver too far from store. Call them for details.

**Shoprite** delivers (\$10 internet fee & \$6.95 delivery fee) shop at www.shoprite.com

The Care Cabin, Growing Lackawaxen
169 Urban Rd, Hawley 570-685-2273
4th Saturday of the month 10am to 2pm
Proof of residency required.
Declaration of need form to be filled out.

Faith Christian Outreach Center

104 Red Shale Rd, Lords Valley 570-226-4658 Application to be filled out the first time Every 4th Monday 2pm to 6pm

Holy Trinity Lutheran Church Food Pantry

103 Delaware Crest, Dingmans Ferry 570-828-7411. Monday thru Friday 9-12 by appointment only. Please call 24-48 hours ahead to schedule

Volunteers always welcome

Hands of Hope Food Pantry at the Lord's Valley Community Church (located behind Ryan's Deli on Route 739) will be distributing on the 2nd Thursday of the month from 2:00pm-6:00 pm 570-503-6644



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Ecumenical Food Pantry 321 5th St., Milford 570-618-1568 Fridays: 6:30-7:30

Eligibility is based on SNAP guidelines
Photo ID & verification of address is required
No appointments necessary

Food Pantry

**St. Ann's Catholic Church, 125 Richardson Ave,** Shohola. PA 18458, 570-832-4275

Distribution 1st & 3rd Thursdays 9:30 to 11:30 am Registration at pick up.

Community Lunch
Especially for Seniors (but all are welcome!)
Thursday, December 12th
11:30-1:00

No charge and no need to call first Good Shepherd Episcopal Church Parish Hall Corner of W. Catharine & 5th Sts., Milford Sponsored by the Ecumenical Food Pantry

FREE Home delivery provided by Lords Valley Village Pharmacy 570-775-9555 and

Good Neighbor Pharmacy 570-828-7494

877-727-7529

Pike County Area Agency on Aging 150 Pike County Blvd. Hawley, PA 18428 570-775-5550

Non-Profit mailer

DO NOT CALL
REGISTRY
If you want to
stop those nagging
calls from solicitors you can
place your phone number
on the Do Not call registry
by calling:
1-888-382-1222 and
1-888-777-3406 or go on
line to: www.donotcall.gov

To renew subscription, clip out mailing label and send it in with the \$5 yearly fee. If you have email, just send your email address to: <a href="mailto:kdantuono@pikepa.org">kdantuono@pikepa.org</a>, and get your newsletter sent right to your email address for FREE—Save time and money!

<a href="mailto:www.pikeaaa.org">www.pikeaaa.org</a>

#### Where to Find Information About the Medicare Plans Available in your County:

- \* Medicare & You 2019 Handbook
- \* www.medicare.gov Call APPRISE at: 1-800-783-7067
- \* Call Medicare at: 1-800-633-4227 (Phone) or 1-877-486-2048 (TTY)
- \* Or call us at: 570-775-5550 x 1313 for an appointment to assist you

# Pike County Area Agency on Aging

Executive Director - Robin S. Skibber - email: rskibber@pikepa.org
Protective Services & Options Supervisor - Robin Soares - email: rsoares@pikepa.org
Waiver Supervisor - Joan Edel - email: jedel@pikepa.org
Nutrition Site Managers - Cherie Bland, Pam Capps, Jennifer Miller & David Zlasney
Activity & Program Director & Health & Wellness Coordinator - Lana Romeo-email: Iromeo@pikepa.org

Blooming Grove Center-150 Pike County Blvd., Hawley, PA 18428 (Phone: 570-775-5550 or 1-800-233-8911 Fax: 570-775-5558)

Office / Center: Monday through Friday - 8am to 4pm

<u>Dingmans Center</u>-American Legion 851-107 Ball Park Rd, Dingmans Ferry, PA 18328 (Phone: 570-828-7812) Tuesday & Friday 9 am to 2 pm

<u>Lackawaxen/Shohola Township Center</u>-Lackawaxen Fire Dept., Beisel Beck Rd. & Rte. 590, Lackawaxen, PA 18435. Monday, Wednesday and Thursday 9 am to 2 pm (Phone: 570-685-7808) <u>Eastern Pike Center @ Matamoras</u>-Matamoras Fire House, 506 Avenue Q, Matamoras, PA 18336 Wednesday & Friday 9 am to 2 pm (Phone: 570-832-1929)

<u>Bushkill Center for Active Adults</u>-Top of The World Restaurant at Saw Creek Estates 148 Cambridge Ct., Bushkill PA 18324 Wednesdays 9:30 am to 2 pm (Phone: 570-775-5550)

# ELDER ABUSE REPORTING NUMBER 1-800-233-8911 www.pikeaaa.org



#### **Advisory Council**

Chairperson: \*Patricia Crane \* Steven R. Guccini, Commissioner Representative \* Vacant \* Charlotte Bell \*Jeanne Carlstedt
\* Jacqueline Eadicicco \* Laura Guccini-Engle \* Kathie Joseph \* Leatrice Langer \* Barbara Leary

\* Marianne McMillin \* Monica McVitie\* \*Mary Little\* Joe Shevlin \* Sue Siska \* Catherine Steele \* Rita Tepperman \*

Pike County Commissioners \* Matt Osterberg \* Ronald Schmalzle \* Steven R. Guccini

Pike County Transportation Hours 7:30am—4:00pm Phone 570-296-3408 Fax 570-296-3409 Toll Free: 1-866-681-4947 STATUS LINE: 570-296-1959